**FEAST ON FLAPJACKS**
FLUFFY BUTTERMILK PANCAKES HIT THE SPOT {page 9}

# PONYING UP TWITTER LAWSUIT COSTS LOVE BIG DISH {page 7}

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News worth sharing.

CONTRIBUTED

▶ Park commissioner Loretta Woodcock during a trek in Banks Peninsula, New Zealand.

# Local shares first-hand account of quake chaos

**COPE commissioner and her husband were 5 km from epicentre of New Zealand temblor ◗ Wants briefing from staff on Vancouver's earthquake readiness**

JEFF HODSON
@METRONEWS.CA

A stop to pick up some hiking gear may have saved the life of a Vancouver park board commissioner who was vacationing in Christchurch when the 6.3-magnitude earthquake struck New Zealand's South Island.

As it was, Loretta Woodcock and her husband were in a rental car, five kilometres from the quake's epicentre and about a 20-minute drive from where large rocks were falling onto the road, crushing people in their cars.

"We were parked at an intersection and all of a sudden our car started to shake," said Woodcock, who arrived back in Vancouver on Friday. "We thought we were hit by a car.

"We were shaking and shaking. The light poles were swinging back and forth, right down to the ground. The road was cracking and there was water and mud oozing out of the concrete."

The Feb. 22 quake left 166 people confirmed dead and more than 200 missing, and caused billions of dollars in damages.

Following the quake, the couple used their GPS to navigate by side roads away from the city centre. At one point, they stopped to help some seniors whose houses had collapsed, letting them use their cellphone to call family.

"People who relied on land lines had no way of contacting their loved ones," Woodcock said.

They found a working gas station about 60 kilometres out of town and arrived that night at their motel, where the power had gone out.

Woodcock plans to ask Vancouver staff for an earthquake-preparedness briefing, which would include the role of social media. She said sites like Facebook are critical to connecting people with loved ones when phone lines are down.

## Start money lessons early

Metro's Dollars and Sense will help educate your kids {pullout}

## Canucks get best of Ducks

Cory Schneider gets first shutout in 3-0 win {page 13}

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1 news

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On the web at metronews.ca:

Guidy Mamann on how our immigration policies have changed under the Tories. More at metronews.ca/immigration

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Three weeks after Mubarak's exit, Egyptian anger turns toward state security agency. Scan code for story.

# Man dies fleeing Abby police

A 21-year-old Abbotsford man was killed yesterday morning after he sped away from police and crashed into a power pole.

The man, whom police have not identified publicly, was pulled over on suspicion of impaired driving.

But as the officer approached his window, the man fled at high speed and crashed his Honda Civic about one kilometre further down the road.

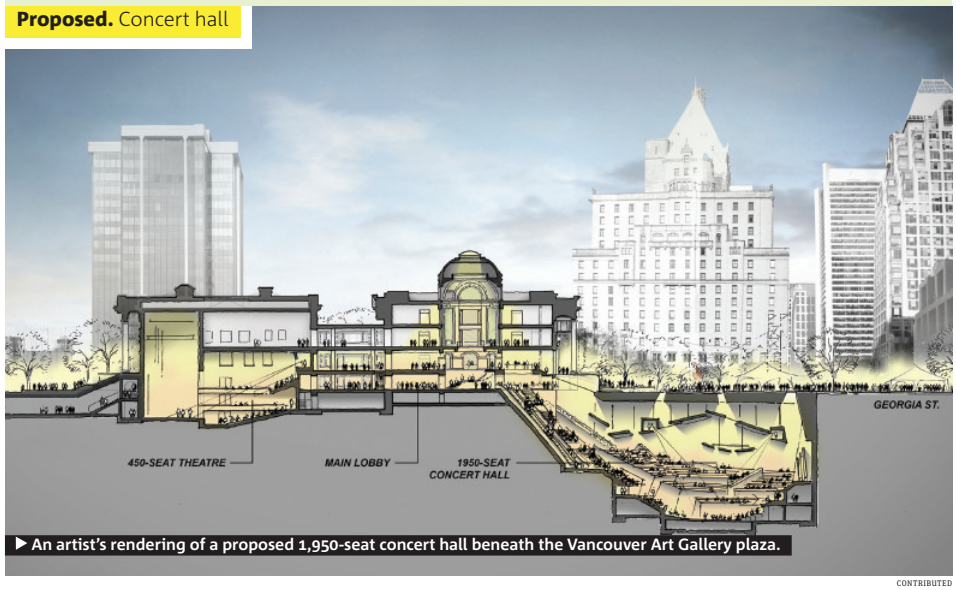
Acting Sgt. Marcus Senft said police did not pursue the vehicle.

The car was initially spotted near Maclure and Gladwin roads following a tip from Chilliwack RCMP just after midnight.

The incident is still under investigation.

PHYLICIA TORREVILLAS

**Proposed.** Concert hall




▶ An artist's rendering of a proposed 1,950-seat concert hall beneath the Vancouver Art Gallery plaza.

CONTRIBUTED

## New concert hall on horizon?

**The Vancouver Concert Hall and Theatre Society proposed the idea for a new concert hall on Friday. The site, Vancouver's historic courthouse, is occupied by the Vancouver Art Gallery, which is seeking a new purpose-built home for its large collection. The price of proposed facility is pegged at more than $200 million.**

# Car thief runs over man in driveway

A 60-year-old Surrey man is in hospital in serious condition after he was run over in his own driveway by a thief who was stealing his car early yesterday morning.

Police, firefighters and paramedics were called to the house just after 3:30 a.m. and found the man lying in the driveway with multiple injuries.

He was treated at the scene and taken to hospital. RCMP have recovered the vehicle and said the investigation is in its early stages.

METRO

*For more news, visit metronews.ca/vancouver*

# 'No dice,' say casino opponents

**Proposed jumbo casino will boost city revenue, enliven area, says PavCo**

**But detractors fear casino could lead to social problems and more crime**

The Vancouver, Not Vegas coalition is crying shame against what it fears is a high-stakes development gamble.

In a public hearing before Vancouver city council tonight, the group — made up of concerned citizens, former politicians, Order of Canada honourees, urban planners and various community groups — will state its case against the construction of Paragon Gaming's jumbo casino, proposed to be built alongside B.C. Place.

**140 The number of people expected to attend tonight's public hearing at city hall and to voice concerns about plans to build a mega-casino alongside B.C. Place.**

The $500-million expansion is part of a deal struck between Nevada-based bidding developer Paragon Gaming and B.C. Pavilion Corporation (PavCo), the Crown Corporation that manages B.C. Place.

While PavCo has said that the 110,000-square-foot, all-hours casino promises to enliven the area around B.C. Place and boost city revenue, opponents have questioned the integrity of PavCo's report on projected benefits.

Detractors have said increased crime, addiction and other social problems often linked to gambling — and the associated policing costs — mean that the casino could end up costing Vancouver, both socially and economically.

"This is not just a relocation and minor expansion," former city councillor Peter Ladner said in a statement.

"It is a transformation of the culture of our city that repels, disgusts and frightens an unprecedented array of people across the city."

NATALIE KAUR JOHAL

# Arborist to give East Van elms a second opinion

An arborist will decide whether 30 Siberian elms on East 6th Avenue should be left standing or whether they pose a safety risk.

Residents received notice on March 2 of a plan to cut the 50-year-old elms down. They reached out to Heritage Vancouver in an effort to save them — fearing that the area would suffer as a result of losing a heritage landscape.

The trees were to be removed because they were in poor condition, but the park board has agreed to seek out a second opinion on the matter.

NATALIE KAUR JOHAL

## News in brief

### Union Gospel Mission plans women's shelter

A Vancouver group is planning to open a new women-only shelter in the Downtown Eastside to accommodate a growing number of women and children in need.

The Union Gospel Mission will move to its new location (601 East Hastings St.) in mid-April and will renovate part of its current Cordova Street location for the women's shelter.

"The women we see are amazing," said spokesperson Derek Weiss. "Many of them have gone through things that most of us couldn't imagine." MEAGAN GILL

### Green fixes can harm kids: Professor

Renovating older homes to make them more energy efficient could harm children by releasing toxic chemicals, lead and asbestos, an SFU professor warns.

"Housing is the most significant source for lead intake in children," said Bruce Lanphear. "Exposure to lead at a young age can permanently alter their ability to learn or control their behaviours."

Sanding or removing lead-based paint could scatter lead dust into the air, while asbestos can also be released from old pipes. METRO

# Destructive dorm parties done for

## Toronto councillor trying to impose stricter rules on fraternities ‘Ryerson doesn’t have a party culture’

Don’t feed students drinks, may cause vomiting and destruction. If there were warning signs in dorms at Canadian universities, this is what they would say as schools tighten rules around dorm parties.

Officials at Toronto’s Ryerson University say they’re taking steps to discipline students after an “out-of-control” party in one residence building racked up a costly cleaning bill — mostly for deep cleaning vomit out of carpets and sweeping up broken glass.

Some University of Toronto students lost access to their residence common room for several weeks after revellers smashed windows and broke a bathroom door.

At Carleton University, administration seized control of frosh week last fall after things got out of hand at previous years’ festivities.

**$4,000**

**Students at Toronto’s Ryerson University laid waste to the sixth floor of a residence building on Feb. 2, racking up a $4,000 bill.**

And the University of British Columbia students’ union has cancelled a weekly cheap-beer night after the RCMP were called in to investigate underage drinking.

Student housing manager Chad Nuttall says Ryerson may implement community billing or remove guest privileges for students living on the damaged floor.

Some students say with strict rules they feel policed and they do not feel at home in residence.

“Because if you were in your home you wouldn’t break lights or punch holes in the wall,” said Ryerson student Rebecca Zanussi.

Toby Whitfield, the president of the Ryerson students’ union, says Ontario students living in residence are excluded from the majority of Ontario’s Landlord and Tenant Act.

“The reality is that residence students don’t really have any rights,” Whitfield said.

The union is working with other student organizations to try to get the act amended, Whitfield said.

THE CANADIAN PRESS

# Violence in Libya ramps up

Forces loyal to Moammar Gadhafi, some in helicopter gunships, pounded opposition fighters with artillery, rockets and gunfire, dramatically escalating their counteroffensive to halt the rebels' rapid advance toward the capital.

They also battled Sunday to loosen the grip of rebels on two cities close to Tripoli. But in at least one case, their tactics appeared to lead them into a trap.

Residents said pro-Gadhafi troops punched into the city of Misrata, 200 kilometres east of Tripoli, with mortars and tanks but were pushed out five hours later by rebel forces.

THE ASSOCIATED PRESS

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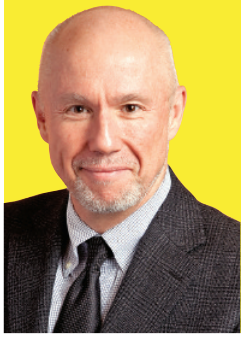
# REPORTS OF WINTER TAKE TAWDRY TONE

**Urban Compass**

**PAUL SULLIVAN**



**That thing in the sky that looks like the yolk in a soft-poached egg? That's the sun.**

The rare sight of old Sol over the weekend, a welcome light at the end of a winter-long tunnel, could mean that we're just about done with the worst winter in years.

Snow, devastating wind, driving rain, floods…

Wait a minute! None of that happened! The winter just winding down was actually (knock wood), fairly uneventful, even boring. Apart from a couple of brief snow storms and a few days of chilly weather, it was a normal wet coast winter.

But even though the heather, crocuses, snowdrops and cherry blossoms have turned up on schedule, we're still huddled in the corner cringing, waiting for the decisive blow.

I'm about to bite the hand that feeds me — the media. We're to blame. Since October, we've hyped this as the worst winter since 1955, never letting up.

It's as if we're talking about some other city, like Saskatoon or Ottawa, where winter is more than an unsubstantiated rumour. I've lived here since 1989, and this one doesn't even rate. Not that we haven't tried to put it on the map. If the temperature even threatens the zero mark, the weather hype machine cranks into gear, and we're bombarded with bulletins:

Traffic alerts, school closures, wind, snow, hail, sleet, heavy rain, warnings, homeless-shelter alerts, live reports from helicopters, planes and commuters, interviews with snowplow operators, satellite photos featuring ominous windmill-shaped storms. Yikes!

**"… it's time to stamp out media weather porn. Back away from the weather map. Lower your tone of voice."**

It reminds me of LA Story, the movie in which Steve Martin, as the Los Angeles TV weatherman, freaks out because the temperature dips to 52 degrees (about 11 C) and takes to the street to interview people whose cats are reluctant to go outside because it's a bit chilly.

Get a grip, folks. Most other cities in North America measure their winter precipitation in metres, not millimeters, and in the Prairies they're lucky if the temperature goes above zero once or twice a winter.

I'm not sure how we found ourselves not only talking about the weather but also hyperventilating about it. But I can guess. Obviously, if you're deeply concerned about the driving conditions you'll stay tuned for further updates: survival is at stake. Not to mention the ratings.

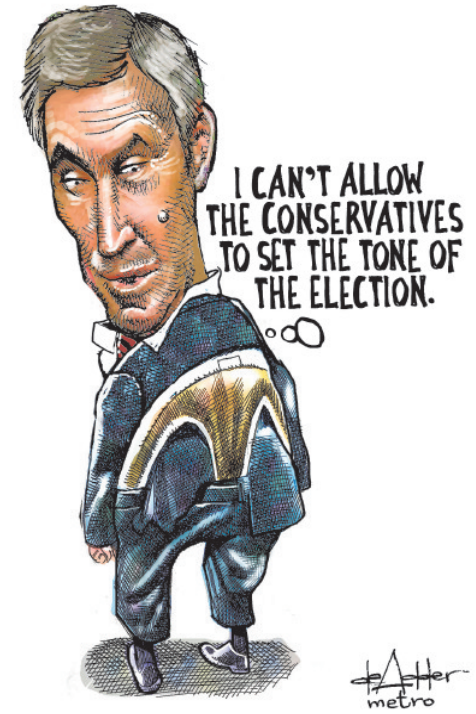
In any case, it's time to stamp out media weather porn. Back away from the weather map. Lower your tone of voice. Pack an umbrella.

And have a nice day. At least until the temperature goes above 20.

Then get ready for the heatwave stories.

**Cartoon**

MICHAEL DE ADDER




# Stuck in the Middleton

**Letters & Tweets**

*RE: Paul Sullivan's column, Family has become a royal bore, published Feb. 23, 2011.*

**TORONTO.** Just thinking about newspaper study, when I was a student — and the expectations — I wondered about a statement recently in the column by Paul Sullivan — about the Prince William and Kate being rather boring — would much rather that this had been edited out — not a nice thing to hear, or for anyone to say.

We have "freedom of speech" — in theory — but not to be rude.

**CATHERINE**

*We asked: Do you really care about the royal wedding?*

**CALGARY.** No, I care little about two people who I do not know personally. With all the crisis in the world today, this wedding is the least of my interests.

**DAVID SEEGERTS**

**TORONTO.** My answer is NO. I have more No's to add. I am a proud Canadian citizen now. But one of the issues affecting my pride is:
We should remove the British monarchy from over our heads. We need a referendum for that. It's the biggest "gravy train" we have.

**JO THOMAS**

**Royals' nation**

MATT DUNHAM/THE ASSOCIATED PRESS

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# Metro Minute with Tommy Chong

Tommy Chong, half of stoner-comedy duo Cheech and Chong, is hosting a B.C. NDP leadership fundraiser tonight for candidate Dana Larsen.

The event, which takes place at 7 p.m. at the Rio Theatre in Vancouver, includes a screening of a/k/a Tommy Chong — the documentary about Chong's arrest and subsequent nine-month sentence for selling bongs. The evening also includes a performance by Chong and his wife, Shelby, at 8:45 p.m., followed by a question-and-answer period with Larsen and the Chongs. Tickets are $50 at the door or $42 in advance. Visit danalarsen.com for information and to purchase tickets. METRO

JEFF HODSON/METRO FILE

▶ Tommy and Shelby Chong at the 2005 Vancouver International Film Festival.

# Investors eye price of oil, bank earnings

## No sign of crude prices dropping substantially, Manulife analyst says

Commodity prices driven higher by unrest in Libya and the Middle East and the last of Canada's big banks to report first-quarter earnings will drive the Toronto stock market this week.

"Economic data are positive, earnings are very positive. So company results are fantastic and support higher levels in the markets," said Phillip Petursson, director of institutional equities at Manulife Asset Management.

**Market moment**

PRICES AS OF 5 P.M. FRIDAY

| TSX | Dollar | Oil | Natural gas 1,000 cu ft |
|---|---|---|---|
| + 38.05 (14,252.77) | + 0.05¢ (102.91¢ US) | + $2.51 US ($104.42 US) | $3.809 US (+ 3.1¢ US) |
| | | | Gold contracts $1,428.60 US (+ $12.20 US) |

At the same time, there are real concerns that the turmoil in Libya could spread to other oil-rich countries, but so far the uncertainty hasn't dented investor enthusiasm. Crude finished last week at about $104 US, up 16 per cent over the past two weeks to a point where some analysts are starting to worry that higher prices could affect the global recovery.

Meanwhile, Bank of Nova Scotia reports its first-quarter earnings tomorrow.

The financial sector helped drive up the TSX by about 1.4 per cent last week as Bank of Montreal, Royal Bank and TD Bank beat expectations. Scotiabank is widely expected to increase its dividend.

THE CANADIAN PRESS

# China vows sweeping economic reforms

China has pledged an economic overhaul that would raise the status of consumers and entrepreneurs. As part of a five-year plan announced yesterday, Beijing wants to nurture growth driven by consumption and develop service and high-tech industries, Premier Wen Jiabao said. But analysts cautioned that to achieve this goal Beijing will have to cut subsidies and low-cost bank loans to state companies and other vested interests, which could trigger a backlash within the Communist Party. THE ASSOCIATED PRESS

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2 scene

## News in brief

**1** Terrence Howard won the award for outstanding supporting actor in a drama series for Law & Order: Los Angeles at the 42nd NAACP Image Awards on Friday.

**2** Halle Berry won the award for outstanding actress in a motion picture for Frankie & Alice.

THE ASSOCIATED PRESS

**Brazil.** Nothing can stop Carnival.

▶ Members of the Mocidade Alegre samba school march in their parade during Carnival celebrations in Sao Paulo, Brazil, yesterday. Millions of Brazilians are enjoying the sights and sounds of the parade of samba groups during Carnival celebrations in Brazil.

ANDRE PENNER/THE ASSOCIATED PRESS

# A little fire is not going to stop samba groups from celebrating Carnival

**Despite a fire in early February that ripped through warehouses where three elite samba groups were preparing for Carnival, incinerating more than 8,000 costumes and many of the massive, meticulously decorated floats, the Rio de Janeiro groups were able to join in on Brazil's festivities. The citizens of Rio rallied to help all three groups remake what was lost. This year's Carnival went on as planned for thousands of participants who put on one of the world's most spectacular shows: two nights of lavish parades that took place yesterday in Rio's Sambadrome stadium and are watched by millions in Brazil and abroad. For more, scan the code at right or visit metronews.ca.**

# Long road inspires Cockburn's album

When Bruce Cockburn first began crafting his 30th record, he planned to embark on a pretty radical departure.

The 11-time Juno Award winner decided he would temporarily leave his signature literate, intricate folk-rock in the dust and embark on an entirely unfamiliar road.

"I had this notion that I wanted to do something different — after 29 albums of songs, at that point, it was time to do something else," the 65-year-old Cockburn said in a telephone interview from San Francisco.

What, exactly, did he have in mind?

"In the beginning, when I wasn't really myself yet, I played in rock bands. And I missed the noise sometimes. I missed the power of volume," he said.

"But what happened, of course, was I ended up spending a lot of time with my girlfriend, as people do, in little apartments, where you can't just crank your amps and have your neighbours not lynch you. So the songs that came out just all went in the direction of an acoustic guitar, pretty much."

Yet while he's steered back to familiar terrain, the tunes that comprise Small Source of Comfort do not represent a compromise for the Ottawa folkie.

As he often does, he found inspiration on the road.

"The album was very affected by long-distance driving," said Cockburn, who found himself regularly shuffling between Kingston, Ont., and Brooklyn, N.Y., where his girlfriend lived before moving to San Francisco.

"That's probably the single biggest theme that shows up in the lyrics.

THE CANADIAN PRESS

# Twitter tirades cost Courtney Love $430K

**Singer had accused fashion designer Dawn Simorangkir of theft, having a criminal background**

Courtney Love's settlement of a case sparked by online attacks on a fashion designer shows that while Twitter posts may be short, they can also be costly.

The singer has agreed to pay Dawn Simorangkir $430,000 US, plus interest, to settle a lawsuit the designer filed in March 2009 over comments Love made on Twitter and her MySpace blog.

While the case didn't go to a jury, First Amendment experts say it highlights the need for celebrities and average people to watch what they say online.

"People are getting in trouble for Twitter postings on an almost daily basis," said First Amendment attorney Doug Mirell, a partner at Loeb and Loeb who did not handle the case.

"The laws controlling what is and isn't libellous are the same regardless of the medium in which the statements appear," he said.

Simorangkir's attorney, Bryan J. Freedman, agreed, and said Love's settlement should drive that point home.

"The fact is that this case shows that the forum upon which you communicate makes no difference in terms of potential legal exposure," Freedman said. "Disparaging someone on Twitter does not excuse one from liability."

THE ASSOCIATED PRESS

ALL PHOTOS GETTY IMAGES

▶ Courtney Love has settled a case that was to be the first in which a jury decides whether a celebrity's Twitter posts could be considered libel.

# Penn wants Sheen in Haiti

Sean Penn says he thinks Charlie Sheen could do a lot of good in Haiti, both for himself and the nation struggling to recover from a devastating earthquake.

"I think his energies, intelligence and passion could be both of service and servicing to him, as it is to all who are touched by the struggle of the Haitian people," Penn said in a statement Friday.

"Charlie is one of the very few public people who cannot be accused of using the media to his own benefit. I would very much like to show my old friend the world of needs on the ground in Haiti, and introduce him and his tremendous wit to our hard- working Haitian staff."

Penn's message of support came hours after Sheen told Access Hollywood that he and Penn were planning a trip to the Caribbean nation, although no date for their travel has been announced.

▶ Sean Penn

"If he chooses to give support, I'll trust it," the Academy Award winner said.

Sheen, who has been on a media blitz since last Monday, says he would like to bring the attention of the world back to Haiti, where Penn has been a fixture since a January 2010 earthquake destroyed more than 500,000 homes.

THE ASSOCIATED PRESS

## Talking points

### Arquette's 'dragon's blood'

**ACCIDENT.** David Arquette's Cadillac crashed head-on with another vehicle in Beverly Hills on Friday, but the actor was not seriously hurt and even joked about the collision on Twitter just a few hours later.

Arquette, 39, was "OK" after the crash, and was on his way to being treated, publicist Cindy Guagenti told The Associated Press in an email.

"I got into a car accident but I'm fine. Luckily I have dragon's blood running through my veins," Arquette quipped on his Twitter account about two hours after the accident. "Haha. Thank you for all your concern."

THE ASSOCIATED PRESS

### Usher donates Gadhafi gig fee

**CHARITY.** Usher said Friday he's "sincerely troubled" to learn he appeared at a concert in St. Bart's linked to Libyan leader Moammar Gadhafi's family and plans to donate his concert fee to human rights organizations.

Earlier this week, Mariah Carey, Beyoncé and Nelly Furtado all renounced their performances at private concerts later revealed to be linked to the family of Gadhafi, whose country is openly revolting against him and who faces an investigation for possible war crimes.

THE ASSOCIATED PRESS

Usher

### Miley meets 'Miley'

**DOUBLES.** Miley Cyrus has met her Saturday Night Live impression while lampooning a fellow teen pop star herself.

Cyrus hosted SNL on Saturday night, leading to an inevitable faceoff between the 18-year-old singer and cast member Vanessa Bayer's parody.

But Cyrus appeared on Bayer's The Miley Cyrus Show not as herself, but 17-year-old Justin Bieber.

Cyrus played Bieber as too hip to use Bayer's enthusiastic "pretty cool" catchphrase.

In other sketches, Cyrus played Fergie and Lindsay Lohan. Her Lohan impression occurred during a sketch with cast members portraying Charlie Sheen as the host of a TV show called Duh! Winning! with Lohan, Libyan leader Moammar Gadhafi and fashion designer John Galliano as guests.

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## Energize kids

Here are some healthy snack ideas for your kids.

- Lightly salted air-popped popcorn is a perfect alternative to chips. It's high in fibre and low in fat.
- Instead of candy, serve up a bowl of fruit. It will satisfy your child's sweet tooth.
- Substitute a soft drink for a glass of skim milk. Milk is high in calcium. Stir in a dash of vanilla or almond for any extra yum factor.

NEWS CANADA

How do you choose the right sport for your child? To find out, scan this code or visit metronews.ca.

**Charlie Sheen says the police took his children away, but claims his kids will be proud of their dad's erratic behaviour Does he have a point?**

DONATO SARDELLA/WIREIMAGE/GETTY IMAGES

Charlie and daughter Sam Sheen in 2007.

# The sins of the father

FRED GASTONE
LIFE@METRONEWS.CA
METRO WORLD NEWS

Last week, police entered Charlie Sheen's home and removed his twin sons, according to Sheen, after a court granted a restraining order to his estranged wife, Brooke Mueller.

This is not surprising. Among the many bizarre statements Charlie Sheen made to the media recently — calling himself a warlock, claiming he's cured his drug addiction by closing his eyes — one stands out if you're a parent.

It's this:

***NBC reporter:*** *Are you embarrassed that your children will read about this one day?*

***Charlie Sheen:*** *God no. Talk about an education. They'll be like, 'That's the guy and we can get all the answers and the truth? Wow!' Winning!"*

Perhaps his children will be proud of dear old dad, who has been accused of shooting his girlfriend, overdosing on cocaine, leaving his kids with porn stars and destroying a New York hotel room.

Perhaps not.

But Sheen brings up an interesting question: Might there be "answers" found in a parent's addiction or erratic behaviour? Could a child learn how to live better, if only by learning what not to do?

"Parents make mistakes and kids sometimes end up doing the exact opposite, which is sometimes true. Not for me," says Nick Flynn.

His acclaimed memoir Another Bullshit Night in Suck City chronicled his estranged relationship with his alcoholic father, who he re-met while working at a homeless shelter (the movie version, starring Robert De Niro as dad, starts filming this week).

"I did similar things that my parents did. And addiction tends to get passed along unless something interrupts it — the cops maybe," said Flynn.

"That said, all the attention that Mr. Sheen is getting right now seems to fuel him. And that's a lesson that we're passing on to his children. That this engine is a benefit of this behaviour. So I think we're also part of it. The spectacle is part of it."

That makes the observation of Dr. Richard Warshak, author of Divorce Poison: How to Protect Your Family from Badmouthing and Brainwashing, all the more painful.

"We can hope that children will identify with their parents' good traits, and learn from their parents' errors," he says. But it's the attention that adds to the sting: "Children are embarrassed when their parents' flaws become public."

Sheen, for one, says he plans to rededicate himself to his family.

"Dude, you're 45 with five kids," he told NBC. "Let's do something different. Because this thing is boring." This "thing" might also be instructive — at least to other parents.

Next time you party, behave yourself and be careful what goes online. There are easier ways for your kids to learn lessons than reading about you on TMZ. Good parenting, warlocks: Winning!

### Sheen's 5 kids

1 **Cassandra Jade Estevez**, age 26, with girlfriend Paula Profit

2 & 3 **Sam J. Sheen**, 6, and **Lola Rose Sheen**, 5, with then-wife Denise Richards

4 & 5 **Bob and Max Sheen**, twins, 1, with then-wife Brooke Mueller

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**SAVE, SPEND OR SHARE?**
{page K3}

**YEARN TO EARN**
**KIDS AND JOBS**
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VANCOUVER metro®
Monday, March 7, 2011
www.metronews.ca
News worth sharing.

# Dollars and Sense

## Kids look to their parents to learn how to handle money

When Laurie Campbell took her 12-year-old daughter and a friend of her daughter's to the mall near their Toronto home recently, the friend said she had to spend all of the money she had with her. When Campbell asked why, the little girl replied, "Because if I don't, it'll burn a hole in my pocket!"

Campbell figures the tween picked up that phrase from her parents. "Children are very impressionable," she says. "The cornerstone to having children grow up to become successful money managers is for parents to teach them age-appropriate lessons about money throughout their childhood."

Campbell is the executive director of Credit Canada, a not-for-profit credit counselling and debt management service. She's used to dealing with adults who often have spent years wracking up debt. She insists there's a direct connection between how parents manage (or mismanage) their money and whether their children will grow up to do the same.

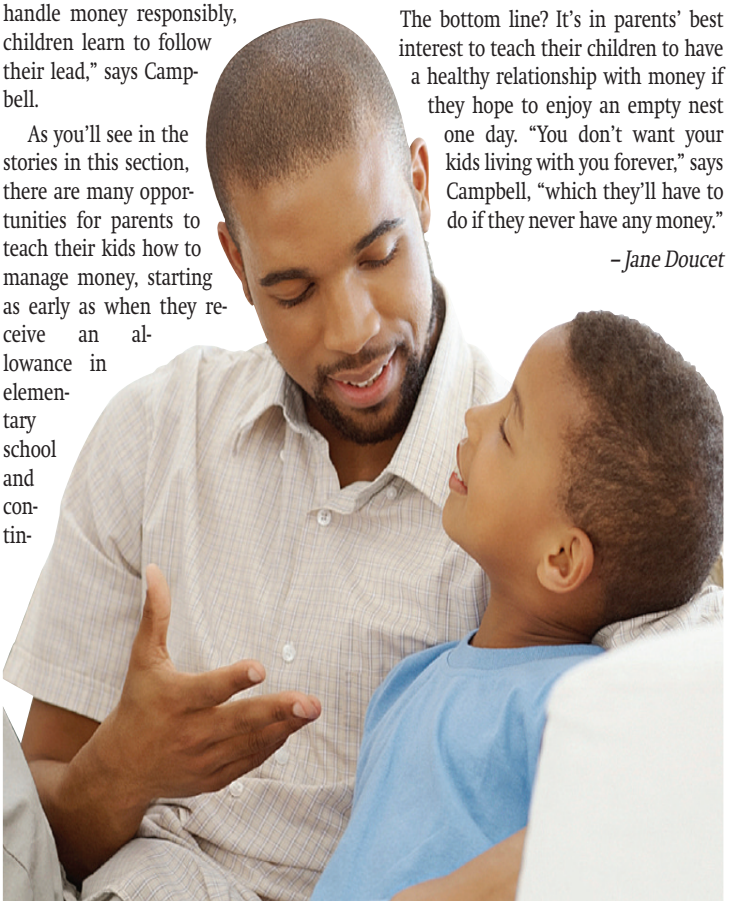
"Children aren't born knowing how to use money wisely," says Campbell. "It takes years of patient teaching and guidance to help them learn to become effective money managers."

While schools spend some time teaching basic financial skills, the home is the main influence on kids' attitudes toward cash. "If parents handle money responsibly, children learn to follow their lead," says Campbell.

As you'll see in the stories in this section, there are many opportunities for parents to teach their kids how to manage money, starting as early as when they receive an allowance in elementary school and continuing when they earn dollars for babysitting or delivering newspapers.

The bottom line? It's in parents' best interest to teach their children to have a healthy relationship with money if they hope to enjoy an empty nest one day. "You don't want your kids living with you forever," says Campbell, "which they'll have to do if they never have any money."

*– Jane Doucet*



## Kids & Money

It's never too early to start teaching your children smart money habits, from making it to saving it to spending it!

So we partnered with BMO Bank of Montreal to offer this Kids & Money special section, with everything you need to know to help your children be money-smart at every age.

## Allowances

When do you start?
How much do you give?
What are the rules?
{page K7}

# Teach your kids the value of money without spending a dime.

## Introducing BMO SmartSteps® for Parents.

BMO SmartSteps for Parents is a free online resource packed with expert advice, helpful articles, fun games and activities to help you teach your children the value of money.

And, for a limited time, when you open a BMO® youth discounted banking plan and deposit $25, we'll contribute another $25 to your child's savings[1]. After all, knowledge is worth investing in.

Visit **bmo.com/smartparents** to get started today.

BMO Bank of Montreal®

Making money make sense®

[1]Promotion runs from March 1 – April 30, 2011 inclusive. A deposit of $25 will be made into the lead account in the youth discounted banking plan within 60 days of the first deposit, and only one $25 bonus will be awarded per bank plan. The first deposit must be a minimum of $25 and made on or before April 30, 2011 to qualify. A balance of at least $25 must be maintained in the account for a minimum of 60 days. A "youth" is defined as under the age of 16. One bonus per child. Current youth discounted plan customers are not eligible for this promotion. ®Registered trade-marks of Bank of Montreal.

# Save, spend or share?

# Bank on it

## Kids can grasp finance basics at an early age. The trick is making it fun.

Nicholas Thomson is a typical 10-year-old. He enjoys playing with computer games, science and hanging out with his dog, Callie. He's also proud of having a bank account. "It makes me feel older, like I've got more responsibility," he says.

Nicholas was eight when he and his mother first opened his account at a bank down the street from their Halifax home. Every week he deposits his $5 allowance in the bank himself. When he needs money to buy something, like the Lego set he bought last year, he uses his own debit card.

"Having a bank account is a great learning experience for young children," says financial advisor Keith Ramey. "It teaches them how to manage their money at an early age. It's a lesson they'll take with them throughout their life."

As president of Ramey Investments Inc. in Dartmouth, N.S., Ramey has been preaching the need for children to get financial education for decades. "I was going into schools 40 years ago to tell educators that we need to put financial planning on the curriculum," he says. "Kids are graduating from high school with no idea how to manage money. That's a huge problem."

Getting young children into savings mode is easier than it sounds; the secret is making a game out of saving. Kids love to collect stamps, dolls and model cars; they also like to sort things, catalog and hoard. By making the saving process visual and participatory using cash, coins, rollers and a piggy bank, they can derive the same kind of fun from money.

But there's more to it than just a great educational experience; there's also the magic of compound interest. "I know people who started putting $15 in the bank every week back in the 1960s who could write a cheque for $1 million today," says Ramey. "If kids start investing early in life, money and compound interest will work in their favour."

*– Tom Mason*

## Some kids don't mind putting money away for a rainy day

If you're human, you've grappled with that tricky push-pull of knowing when to save your money versus when to spend it. So how can parents teach that complicated thought process to their kids? By letting them be responsible for their own piggy bank or bank account, advises Laura Thomas, a financial literacy educator in Delta, B.C.

"Kids need to have money they feel is their own," says Thomas, who blogs about financial literacy and posts educational videos about the subject on YouTube. "They need that sense of control."

While hovering over every cent children handle isn't wise, parents should be available to offer guidance and advice. To help kids distinguish the difference between a want and a need, Thomas recommends the following exercise: go to a grocery or big-box store and ask your child to think about how many things in the store they can live without. She also recommends teaching kids to divvy up their earnings and gift money by spending a certain percentage and saving the rest.

That's what 13-year-old Jayden Kauffman of Langley, B.C., does. He earns money babysitting and cutting the lawn; so far he has saved enough to purchase the latest iPod Touch and is considering buying a laptop with the $700 he has in his bank account.

In addition to saving money for large items, Jayden is putting away funds for university, and his father helps him invest some in stocks and bonds. He also donates a portion of his earnings to Third World charities and his church.

Jayden's parents encourage his practice of spending, saving and sharing. They gave their son a box with three compartments; in it, he dedicates 80 per cent of his cash to the spend category, and 10 per cent each to the save and share categories. Although he feels good about saving and sharing, his really enjoys spending. "I like to save my money so I can buy big things," admits the Grade 8 student.

*– Kelly Putter*

## RULES OF THE GAME

- Encourage children to collect coins in a jar or piggy bank. Then, make it an occasion every month to roll the coins and take them to the bank.
- Get creative by putting up a picture of the child's savings goal on the refrigerator or door of their bedroom. Props are good too, like a fancy electric coin-rolling machine on rolling day or a piggy bank that performs some kind of action when money is deposited.
- Equate saving money with something tangible: a slow, steady progression toward a bike, a Wii console or a trip to an amusement park. College, home ownership and retirement are a long way away and hard for children to relate to. Disney World an easier concept to grasp.

**Out of the mouth of kids**

**"It doesn't matter if you have money or not because your friends are your friends for who you are, not your money."** PATRICK ALVAREZ, 10, BEAMSVILLE, ONT.

# Knowledge is Priceless

When we have kids, everyone starts giving us advice. Part of our role as parents is separating good advice from bad, but that can be tough—especially when it concerns a subject like money. Our kids need to know what money is, and how to manage it, but what's the best way to teach them? And how soon should we begin?

The answers require input from two types of experts: those who know children, and those who know money; and they're rarely found in the same place. That's about to change. BMO SmartSteps® for Parents, gives parents the tools, tips and expert advice needed to help them teach their kids the value of money.

"In creating BMO SmartSteps for Parents, we've partnered with some of Canada's leading financial and parenting experts, providing topical and candid advice to help parents teach their kids about money, " says Su McVey, BMO's Vice-President, Customer Communications & Marketing. "Parents will also be able to participate in forums and have conversations with these experts, and other parents, from across the country. Everything is online, so they'll get the information they want, whenever it's most convenient for them. When they need more information, the program puts them in touch with the right people here at BMO. "

## No Guesswork

Parents deal with many uncertainties, but when it comes to teaching their kids about money, they don't have to. With BMO SmartSteps for Parents, they can be strategic.

"Moms and dads are very tied to their childrens' money values," says Su McVey, BMO's Vice-President, Customer Communications & Marketing. "If their kids are responsible with money, they feel they've done a good job as parents. Yet many aren't sure how to broach the topic. Today's kids can access information at an incredible speed, from myriad sources, and their attention spans are short."

BMO SmartSteps for Parents gives parents the tips, tools and advice needed to address this. Information on the website is provided by financial and childhood development experts, Alison Griffiths, financial author, journalist and broadcaster, and Alyson Schafer, psychotherapist. Parents can access their advice, as well as participate in forums and discussion groups, dialoguing with other parents who share their own stories.

Because a child's understanding of money develops in phases, BMO SmartSteps for Parents is divided into Ages & Stages. Each Age & Stage section includes relevant articles and webisodes, featuring real families talking about money. There are also links to age-relevant games and activities, ensuring parents and kids get the help they need at just the right time.

In the '5 – 6 Zone', parents can get help teaching their kids what money looks like, what it's used for, how to count it, and how to save for things they want. Kids in the '7 – 8 Zone' are able to spend money, so parents can get advice on teaching them how to manage it and understand the difference between wants and needs. For tweens in the '9 –12 Zone', parents will find guidance in smart spending and saving decisions, including tips about delayed gratification. And for those with teens in the '13 – 15 Zone' (the ones starting to earn real money), parents can take the lead and teach their kids how to effectively manage money and balance conflicting savings goals.

New information is added to the website regularly, and parents never need to miss out on any of it. By signing up for e-alerts, they'll know the moment new content is available. Real-life solutions, whenever parents want them—that's BMO SmartSteps for Parents.

Visit bmo.com/smartparents to access the tools, tips and expert advice needed to help teach kids the value of money.

BMO SmartSteps for Parents is a free resource available to BMO and non-BMO customers alike. Parents can find out more at bmo.com/smartparents, or at their nearest BMO Bank of Montreal branch.

# Tips from the Pros

How soon can you start teaching your kids about money? Financial author Alison Griffiths and psychotherapist and parenting expert Alyson Schafer discuss this subject all the time—as two of the guiding minds behind BMO SmartSteps® for Parents, it's part of their job. Their conclusions might surprise you.

### 1. Can a very young child understand money?

**AS:** Money doesn't mean much to them. Mostly, they understand that people need money to buy things. However, even toddlers can learn more if parents teach it in a fun, age-appropriate way. For example, a three-year old might learn about the basics of transactions by carrying coins in a purse or passing money to a cashier at the grocery store.

**AG:** The earlier you teach children about money—by allowing them to handle it and help pay for things—the quicker they'll absorb more complex lessons later on.

### 2. How long does it take children to develop an 'adult concept' of money?

**AS:** Some never learn it. I know adults who, even at age 40, don't really grasp that money is 'finite.' That's why they don't have any. There's no better way to teach this lesson than by refusing to replace an allowance your child has lost. It may help them avoid a harder lesson later on.

### 3. When it comes to respecting money, do children 'learn by example'?

**AG:** Role models can be a powerful influence, but many kids rebel against them at some point. If you set a money-smart example, but also allow your children to make decisions and be hands-on with their money, the lesson usually sticks. Thrifty parents who do all the financial thinking for their kids don't always produce thrifty kids.

### 4. Is there a difference between being 'good with money' and truly understanding how it works?

**AG:** Being 'good with money' entails paying attention to it, which includes understanding various kinds of financial transactions. However, there's a difference between being a smart spender/diligent saver and truly understanding how credit, interest, and investing works.

### 5. There are many classic strategies for teaching children the value of money. Are they still applicable today?

**AG:** Whatever the approach, I believe in 'show, talk, and do' when it comes to teaching kids about money. 'Show' them financial transactions occurring—from buying groceries to buying cars. 'Talk' about making financial decisions—the pros and cons, what is affordable, what is not. Then let them create their own financial world, with allowances, gifts of money, and earned money. Kids must have the opportunity to handle money themselves, or they can't learn good financial behaviour.

### 6. Part of knowing the value of money is knowing the right time to spend it. How do you impart this complex lesson to children? You don't want them to be over-spenders... or misers.

**AS:** I tie everything to a budget and emphasize living within your means. Being aware of both your spending and earnings is complex enough for people of any age!

**AG:** Children learn when to spend and save by setting goals. Saving a year's worth of allowance for a snowboard is easier if they first saved a month's worth for a book.

### 7. Do parents often try to teach money concepts to children not yet old enough to grasp them?

**AS:** No—more often they delay starting, opting instead to focus on the classic '3 R's' (plus extra-curricular activities like piano and karate), instead.

**AG:** Too often we overload our kids with adult concepts. But kids' brains have their own filtering systems about money—they'll grasp what they can and ignore the rest. The best way to determine if you're giving kids information they can't understand is to ask them questions, or simply watch their financial behaviour and listen to what they say about money following the lesson.

### 8. Is it OK to let children make mistakes with money, just to teach them a lesson?

**AS:** Yes! One of my daughters took her wallet to the grocery store and somehow lost $200.00 on the way home. I didn't replace it, and now she's more careful. And my eldest told me that paying off her cellphone bill was her proudest moment, even though it took her a long time. You have money and you're responsible for it. That is life!

### 9. Is there any value in punishing children for wasting money?

**AS:** No! Children learn better without fear. Adding insult to injury does nothing; in fact, it just distances children from the cause of the punishment and focuses them on resenting you.

**AG:** When possible, let them make their own mistakes—after all, the punishment's built in. By blowing their savings on an impulse purchase, they have nothing left for their other wants.

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▶ For all kids know, money could grow on trees. As they get older, parents can introduce real concepts like saving, earning and spending.

# Little money lies

## Should you tell the truth about the "cash fairy"?

Paul Lermitte, a Vancouver-based financial planner and author of Allowances, Dollars and Sense, recalls how one of his three sons, who was seven at the time, responded when Lermitte didn't have any money with him to buy a slushie. "He told me to go to the ATM machine and get some 'free money,' " says Lermitte.

Most kids don't know where money comes from—it could grow on trees, for all they know. Many parents indulge their children's belief in the Tooth Fairy and Santa Claus, two fictional characters with a generous streak and deep pockets. But how far should the financial fibbing go? And when should parents start telling kids the truth?

"We often tell our kids what we can or can't afford and the reasons why," says Jennifer Mallory, a Hamilton, Ont., high school teacher and the mother of a seven and four-and-a-half year old. So when her daughter wanted to take part in an after-school science camp after Christmas, Mallory said no, explaining that their family has less money after Christmas because of gifts and entertaining. "I also reminded her that we value going away each summer, so it's our priority to save for that," says Mallory.

By school age, parents can start talking about spending and saving. "By about age 6, kids are interested in money, and they start participating in being consumers," says Lermitte. "From ages five to seven, you can start teaching kids about saving or earning money to spend on treats, movies or to blow on vacation."

Between ages eight and 10, parents can start involving kids in spending decisions, such as clothing purchases. With teens, parents can discuss more about the cost of purchases and salaries in relative terms; for example, which professions earn more or less. As for the Tooth Fairy and Santa? Kids will figure that out on their own when the time is right.

*– Angela Pirisi*

# Money talks

## Teaching kids about financial responsibility is all in what you say

Plenty of kids would tongue-trip on the words "financial responsibility," but that doesn't mean they shouldn't learn about it. The key to unlocking the deep, dark secret of fiscal accountability is open communication, says Preet Banerjee, a Toronto-based personal finance expert who writes about money at www.wheredoesallmymoneygo.com and will soon be hosting his own financial TV show on the W Network.

"When children don't understand that money doesn't grow on trees, it's because their parents don't share [the appropriate information] with them," says Banerjee. "I'm not talking about telling kids about variable versus fixed-rate mortgages when they're five. But you can talk to them about trade-offs. Once they understand that concept, that's half the battle."

Parents should start with simple lessons. A visit to the toy store with $10 will invariably lead to some difficult but educational opportunities for instruction on what it can buy and how best to spend it.

A former financial advisor, Banerjee often asked potential clients how they talked to their own parents about money. Many clients told him the topic caused a high level of discomfort in their households. "In a lot of families money is a taboo subject, even more than the birds and the bees," says Banerjee. "That's part of the problem." 'Banerjee believes that's one reason Canadians are currently facing a credit crisis. Some reports indicate that baby boomers approaching retirement haven't saved enough to ensure their financial stability once they stop working. So they may accumulate new credit card debt to deal with increasing inflation and cost of living; they'll then pass those debts on to their children.

Fortunately, some kids are natural savers, but they need to be reminded that you don't squirrel away cash just to accumulate a mountain of money—rather, that money is a tool for something, and savings are put away for a specific reason. Spenders need a different motivation; if they want to attend that Justin Bieber concert, they'll need to save the $100 to buy a ticket.

Contributing to the problem surrounding financial literacy is that schools barely broach the topic, though some headway is being made in a few provinces. "Part of the reason why some people are up to their eyeballs in debt and going bankrupt is because no one taught them this stuff," says Banerjee. "It's under the radar because people don't talk about it, and they should."

*– Kelly Putter*

### DISCUSS COMPARATIVE VALUE

When children have learned addition and subtraction, discuss relative costs, such as how staying at a hotel costs more than camping.

### LET KIDS HANDLE CASH

When you're in a store, let you child give the $20 bill to the cashier, so he or she can learn the concept of exchanging money for goods.

### TELL THEM IT'S GOOD TO DREAM

Let your children know you're saving for their education, and that you'll need money to achieve the goals you have for them. It teaches kids to plan ahead and save for things they want.

▶ Out of the mouth of kids

***"If I see something I really like, like books or sheets for my bed, I get it. I like things that last instead of a willy-nilly thing that won't last, like candy."***

**MEGAN YORKE, 7, SHERWOOD PARK, ALTA.**

# Yearn to earn

## Introduce kids early to the concept of work

The reason David Fulton works is a far cry from the "me, me, me" you'd expect from a typical 13-year-old. "I love buying people gifts, and I love making other people happy," says David, a Grade 8 student in Burlington, Ont.

In fact, David, who buses tables part-time in a restaurant called Harvest Table and delivers newspapers, recently treated his family of five to an overnight stay in Niagara Falls. "The room had a great view of the Falls," he says. The cost of the hotel room? $400. The payoff for David? Priceless.

David is entering the work world at the right age, according to Kelley Keehn, an Edmonton-based financial expert who has written seven books about money. The legal age kids can work in Canada ranges from 12 to 14, depending on the province, the type of work and the hours worked.

Keehn recommends that parents start introducing their children to the concept of work as early as age five by assigning household chores, such as setting and clearing the table. Older kids between 10 and 12 should be encouraged to work outside the home mowing a neighbour's lawn, babysitting or helping a senior with chores. More enterprising children might hold a yard sale or post old toys on Kijiji.

Parents should try to hone in on the things their kids are good at, advises Keehn. For example, if you have a little foodie on your hands, consider taking a booth at a farmers' market. If your child is an avid reader, think about staging a book sale to raise money for a charity. Techno-wizards might want to teach a basic computer class at a seniors' centre.

Once kids start earning money, Keehn suggests they divide it into three piggy banks or savings accounts with one allocated for enjoyment such as treats, one for short-term purchases such as a ski trip and one for long-term purchases such as a first car or post-secondary education.

But keep in mind that homework must always come before paying work. "If a child's grades start to suffer or they're becoming stressed by a part-time job," says Keehn, "it's time to scale back the responsibility." *– Kelly Putter*

# Making allowances work

## Weekly cash helps give kids financial freedom and responsibility

For Emma Swaine, feeling independent and being able to shop with friends is the best part about getting a weekly $5 allowance. "I like having my own money," says Swaine, who is 14 and lives in Prospect Bay, N.S. "And I'm free to do what I want with it."

Allowances are a great way to help kids learn basic money-management skills. "It gives them a feeling of responsibility and ownership," says Sara Dimerman, a Toronto-based child-and-family therapist.

While some experts advocate starting to dole out the dough when kids begin school, Dimerman recommends age nine or 10. "That's when children are trying to create a sense of independence," she says.

It's important for parents to establish what they expect the allowance will be used for. To buy treats or special items such as an MP3 player? To go to the movies? Once the ground rules have been laid, if a child runs out of money and asks for more, parents shouldn't hand it over; if they do, their kids won't learn how to manage their money.

A parents' job isn't to dictate how every penny will be spent but rather to guide and advise. For a six-year-old, that might mean taking a child to a store to show her what her allowance can buy and explaining what she could afford if she waited a week.

Some experts recommend dividing an allowance into three categories: spend, save and share. Spend is for the little things a child wants to buy. Save is for something special. Share is to encourage giving to others. For example, if your child gets $10 a week, $6 could be to spend, $2 to save and $2 to share.

Swaine was 10 years old when her parents started giving her an allowance. They encouraged her to save some of it, which she did in a little purse, but didn't tie her allowance in with good grades or household chores. Parents shouldn't send the message that their children will only get paid if their rooms are clean.

"Kids should do chores because they belong to a family and their help is needed to run the household," says Judy Arnall, a parenting expert in Calgary and the author of Plugged-In Parenting. "Allowances are for learning how to handle money and make financial mistakes early, when the stakes are small." *– Allison Lawlor*

## HOW MUCH DO YOU GIVE?

- Examine your disposable income. What's affordable for your family?
- Don't give much more or much less than your child's peers are getting.
- Go by age. So a five-year-old would get $5 a week, a six-year-old $6 and so on.
- Decide with your kids what you expect the money to cover—and what it won't.
- If you want your child to save, consider giving a larger allowance than if the money is meant only for spending.

### Out of the mouth of kids

***"If my parents won the lottery, I would buy the Eiffel Tower and put it in my backyard."***

**EVE WIGMORE, 9, VANCOUVER**

# Together, we'll invest in your child's future. Starting with $25.

## Introducing BMO SmartSteps® for Parents.

BMO SmartSteps for Parents is a free online resource packed with helpful articles, fun games and activities to help you teach your children the value of money. Whether your child is 5 or 15, BMO SmartSteps for Parents has the expert advice and tips you need. After all, it's important to make them money-smart – right from the start.

And, for a limited time, when you open a BMO® youth discounted banking plan and deposit $25, we'll contribute another $25 to your child's savings[1]. After all, knowledge is worth investing in.

Vist **bmo.com/smartparents** to get started today.

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[1]Promotion runs from March 1 – April 30, 2011 inclusive. A deposit of $25 will be made into the lead account in the youth discounted banking plan within 60 days of the first deposit, and only one $25 bonus will be awarded per bank plan. The first deposit must be a minimum of $25 and made on or before April 30, 2011 to qualify. A balance of at least $25 must be maintained in the account for a minimum of 60 days. A "youth" is defined as under the age of 16. One bonus per child. Current youth discounted plan customers are not eligible for this promotion. ®Registered trade-marks of Bank of Montreal.

# Pancakes for dinner? Why not

**While not everyone will celebrate Shrove Tuesday tomorrow, these pancakes are a filling meal for any time**

## DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Each year, many families enjoy Shrove Tuesday or Fat Tuesday, which is the first day leading the 40 days of lent before Easter.

Eating pancakes for breakfast, lunch or dinner has always been a favourite thing to do in my house. What's great is you may end up with leftovers to enjoy later in the week for a quick breakfast.

**Preparation:**

1. In bowl, whisk together flour, sugar, baking powder and soda and salt; set aside.
2. In another bowl, whisk together buttermilk, egg, butter and vanilla. Pour over flour mix and whisk until combined but still slightly lumpy.
3. Brush a large nonstick skillet or griddle with some of the oil and place over medium high heat. Pour the batter using 1/4 cup (50 mL) measure and spread out slightly to form pancakes. Cook until bubbles begin to appear on top, about 3 minutes. Flip over and cook until golden brown, about 1 minute. Remove to plate and repeat with remaining batter.

**EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, ON EMILY, VISIT EMILYRICHARDSCOOKS.CA.**

**Ingredients:**

- 1 1/2 cups (375 mL) all-purpose flour
- 3 tbsp (45 mL) granulated sugar
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 3/4 cups (425 mL) buttermilk
- 1 egg
- 2 tbsp (25 mL) butter, melted
- 2 tsp (10 mL) vanilla
- 1 tbsp (15 mL) vegetable oil

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# JURY STILL OUT ON BAMBOO TOWELS

**Are bamboo towels the greenest option when it comes to an eco-makeover of my bathroom?**
***Alina of Victoria***

**Queen of Green**

**LINDSAY COULTER**
GREEN@METRONEWS.CA

Simply put, yes and no. Over the past few years, bamboo has gained popularity and has become a widely available option for products like textiles and flooring. When it comes to clothing and linens, the softness of this fabric is hard to resist, as is its breathability, wrinkle resistance and absorbency. Bamboo has been touted as a sustainable natural fibre because it's made from pulp. But bamboo is quick to regenerate and requires little or no pesticides. Where bamboo fabric falters on its green path is in the processing.

At first, harsh chemical solvents are used by some manufacturers to get the tough bamboo fibre into a form that could be woven into yarn. New methods involve a closed-loop system that captures and reuses less toxic or nontoxic chemicals to dissolve the pulp. Research the manufacturer or look for the Oeko-Tex label. It provides third-party certification that products have been manufactured using eco-friendly processes.

David Suzuki Foundation

# Going green gets easier

**These simple tips will get you started on taking the big guesswork out of greening-up your home Bring a new level of freshness to your abode**

If your New Year's resolution included a commitment to green living, it can be hard to know where to start. The first step in your eco-makeover can feel like the hardest, but it doesn't have to be. Follow these tips and you'll be on your way to clean, green living.

**Lose the bag**

Plastic bags are building up in landfills at an alarming rate. To stop the plastic build up in your home, make the switch to reusable cloth bags for your groceries and daily shopping.

They fit easily in your purse, glove compartment or desk drawer and typically hold more products than a traditional plastic shopping bag.

**Hang out**

Hang-drying your laundry is a great way to cut down on energy costs. Putting up a clothes line is easy and cost effective.

ISTOCK

▶ Look around your home for opportunities to improve your green lifestyle.

Hanging your clothes to dry is a great way to cut back on the use of energy-hogging appliances like dryers, and free up money for some fun activities.

**Recycle and Reuse**

Recycling is great, but reusing a product before it hits the recycling bin is an even better way to be environmentally friendly. Reusing products can be easier than you think. Clean yogurt containers are great for storing the clothes pins for your laundry line; wrapping paper from gifts doubles as fun liners for your drawers and cupboard shelves; and leftover Christmas cards are great for kids' craft projects. By repurposing products, you're making a commitment to the environment and keeping extra money in your pocket, too.

**Connect**

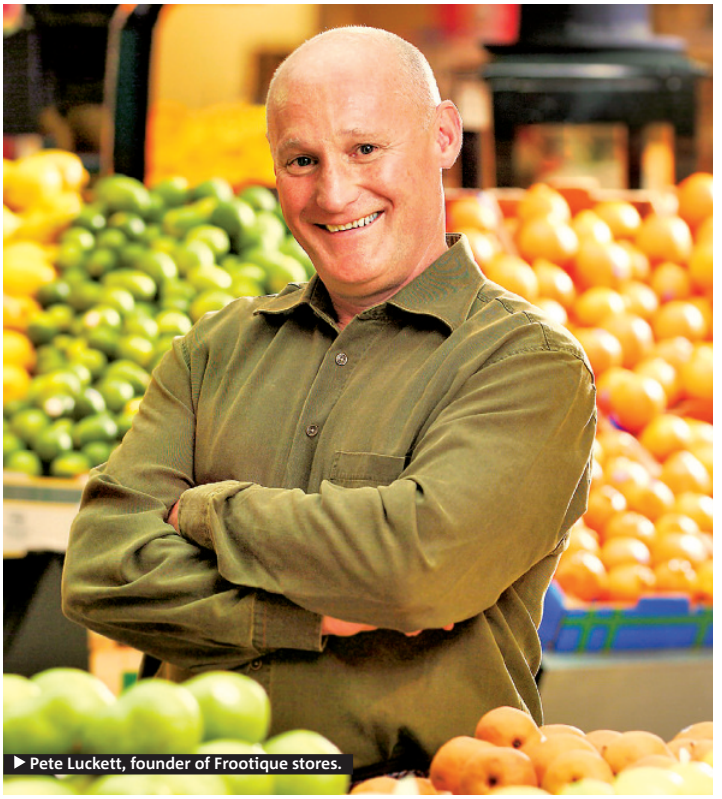
Sharing tips and tricks with others is a great way to get new ideas for going green. Finding a community of people dedicated to living green is a great way to stay on track with your goals and have a resource for your questions. Join online communities like the Green Works Facebook page.

Going green doesn't have to be difficult and it can bring a whole new level of freshness to your home. NEWS CANADA

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

# FRUITS OF HIS LABOUR



▶ Pete Luckett, founder of Frootique stores.

Everything Pete Luckett knows about life he learned from the produce business.

"As a little lad I used to do my Mom's shopping with a few shillings in my pocket."

He is an award-winning businessman, entrepreneur and media personality whose personality and charming English accent compliment his outstanding accomplishments.

Growing up in England, Pete Luckett was running his first fruit stall at the age of 21. Anxious to travel the world, he settled in Canada in 1979. After a failed attempt at farming near Moncton he hitchhiked to St. Johns and went back into the food market business.

"I sweet-talked the owner of the market to let me have a booth and with my last 300 bucks I started my first fruit stand."

Powered by Pete's determination and savvy business principals, Pete's Frootique stores have won multiple awards and are now one of Eastern Canada's strongest brands.

"You've gotta go through hardship to be able to survive. It may be tough at the time, but it builds character and helps you get through the next challenge you face."

## Good eats

**Pete says, "Life is like the produce business."**

- Kiss the old stuff goodbye and dump it.
- The sooner you get over your last loss, there's a box of new apples to move on to.

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Photo provided by Cypress Mountain

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# Managing a cell world

## BOOK REVIEW

CRAIG LUND
WORK@METRONEWS.CA

It seems the world is getting smaller by the minute.

Originally we thought it was the Internet that was leading this shrinkage, however, it's more likely mobile phones.

David Clemons and Michael Kroth, PhD, authors of Managing the Mobile Workforce, feel given that in 2008 more than 3.9 billion mobile subscriptions existed and "is predicted to reach 5.6 billion by 2013" the world of business needs to chip away at its brick and mortar approach to managing the workforce.

The mobile workforce is best described as "individuals who are not physically located within a centralized physical building and those who move between work locations within a centralized location, and who are able to access company resources through private networks, the Internet and mobile networks."

For most businesses, this model has endless potential ranging from financial relief of having to supply real estate to house staff to a committed workforce who are happy to work productively whilst eliminating their commute.

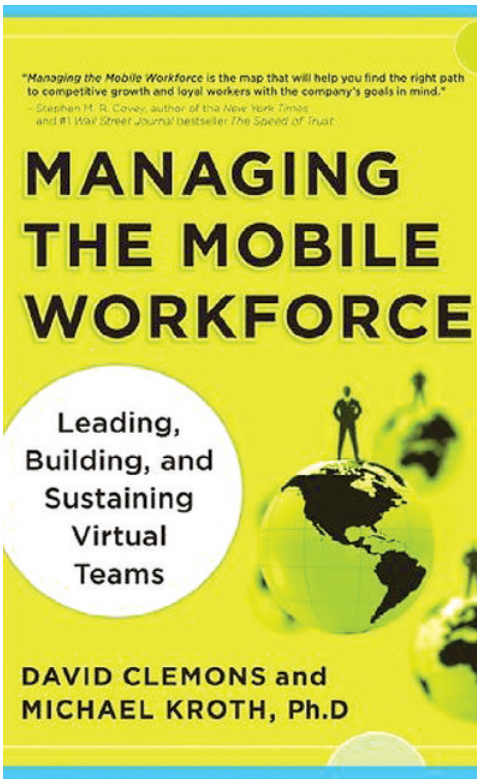
All this is fine of course, if the employer can establish trust.

"Establishing trust mobily is one of the most difficult things you'll have to accomplish as a leader, and yet it is the key to long term success," Clemons and Kroth write.

Mobile technology is changing not just where we think people should work, but how work gets done.

This book is your guide to mobile workforce 101.

CRAIG LUND IS THE PRESIDENT ELECT OF THE AMERICAN MARKETING ASSOCIATIONS TORONTO CHAPTER AND CAN BE REACHED AT HELLO@CRAIGLUND.CA

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**Curling.** Brier

▶ Alberta third John Morris, left, and skip Kevin Martin strike similar poses in Draw 4 against British Columbia yesterday..

THE CANADIAN PRESS

## Alberta skip yet to be beaten in bid to defend title

**Alberta skip Kevin Martin started the day with an 8-6 victory over New Brunswick before downing B.C.'s Jim Cotter 8-2 in seven ends yesterday afternoon at the Tim Hortons Brier in London, Ont. It was Martin's record 29th straight Brier victory and 100th overall. Martin said he doesn't pay much attention to landmark achievements, adding his only big goal for down the road is to defend his Olympic title at the 2014 Sochi Games in Russia. There are 12 teams competing in the round robin — one rink from each province plus entries from Northern Ontario and the Territories.**

# Canucks nab 2nd win in California

### Veteran Malhotra nets 100th career goal with third two-goal game of season against Ducks

| 3 | 0 |
|---|---|
| CANUCKS | DUCKS |

Cory Schneider made 26 saves for his first career shutout, Manny Malhotra scored two goals and the NHL-leading Vancouver Canucks won consecutive games for the first time in four weeks, beating the Anaheim Ducks 3-0 last night.

League scoring leader Daniel Sedin got a power-play goal in the third period for the Canucks, who had alternated wins and losses for a month before back-to-back victories in Southern California to kick off a five-game trip.

Dan Ellis stopped 13 shots in his first regulation loss in five appearances with the Ducks, whose three-game winning streak ended.

Malhotra scored his 100th career goal in the opening minute before adding another goal 17 seconds into the second period. Jannik Hansen assisted on both goals as Vancouver moved seven points ahead of East-leading Philadelphia in the Presidents' Trophy race.

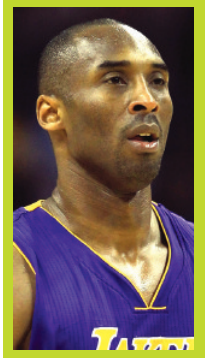
The Ducks missed a chance to leapfrog back into the top eight in the crowded West playoff picture. Anaheim dropped to 3-2-1 on a key seven-game homestand that ends Wednesday against the New York Rangers.

Malhotra put the Canucks ahead just 42 seconds in, beating Ellis with a stoppable shot on an odd-man rush. He then created a goal on the first shift of the second period, disrupting Ellis behind the net and forcing a turnover by rookie defenceman Cam Fowler before banging home a one-timer from Hansen.

Sedin scored in the third when his shot deflected off a stick and between Ellis's legs. THE ASSOCIATED PRESS

4 sports

**Quoted**



**"We know we're capable of having games like this and San Antonio knows we're capable of having games like this. It just as easily could go the other way around."**

LAKERS STAR KOBE BRYANT ON BEATING THE SPURS 99-83 YESTERDAY. THE LOS ANGELES WIN ENDED SAN ANTONIO'S FRANCHISE-RECORD HOME WINNING STREAK AT 22 GAMES.

**"We need to be at our peak later on. Not right now."**

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# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Philadelphia | 65 | 40 | 19 | 3 | 3 | 208 | 174 | 86 | 20-10-1-2 | 20-9-2-1 | 4-5-1-0 | L4 |
| d-Boston | 65 | 38 | 19 | 3 | 5 | 199 | 152 | 84 | 16-12-2-2 | 22-7-1-3 | 7-2-1-0 | L1 |
| d-Washington | 66 | 36 | 20 | 5 | 5 | 176 | 166 | 82 | 19-8-2-5 | 17-12-3-0 | 7-3-0-0 | W4 |
| Pittsburgh | 67 | 38 | 21 | 5 | 3 | 193 | 166 | 84 | 20-11-2-0 | 18-10-3-3 | 3-3-3-1 | W1 |
| Tampa Bay | 65 | 37 | 21 | 3 | 4 | 195 | 198 | 81 | 21-8-1-3 | 16-13-2-1 | 4-4-0-2 | L3 |
| Montreal | 66 | 36 | 23 | 4 | 3 | 176 | 167 | 79 | 20-8-3-3 | 16-15-1-0 | 6-3-0-1 | W4 |
| NY Rangers | 68 | 35 | 29 | 2 | 2 | 193 | 164 | 74 | 15-17-1-2 | 20-12-1-0 | 5-5-0-0 | W2 |
| Buffalo | 65 | 32 | 25 | 7 | 1 | 189 | 187 | 72 | 14-15-2-1 | 18-10-5-0 | 5-3-1-1 | W2 |
| Carolina | 66 | 31 | 26 | 4 | 5 | 191 | 201 | 71 | 18-10-1-2 | 13-16-3-3 | 5-4-0-1 | L1 |
| Toronto | 66 | 29 | 28 | 4 | 5 | 173 | 202 | 67 | 15-12-3-4 | 14-16-1-1 | 6-1-1-2 | L1 |
| Atlanta | 66 | 27 | 28 | 4 | 7 | 184 | 214 | 65 | 14-14-1-5 | 13-14-3-2 | 3-6-0-1 | W1 |
| New Jersey | 65 | 30 | 31 | 3 | 1 | 139 | 168 | 64 | 15-13-2-1 | 15-18-0-1 | 9-1-0-0 | W4 |
| Florida | 66 | 26 | 31 | 5 | 4 | 165 | 184 | 61 | 12-13-5-3 | 14-18-0-1 | 2-6-2-0 | L5 |
| NY Islanders | 67 | 25 | 32 | 5 | 5 | 184 | 212 | 60 | 14-15-1-4 | 11-17-4-1 | 4-3-2-1 | L1 |
| Ottawa | 65 | 22 | 34 | 5 | 4 | 147 | 206 | 53 | 11-18-2-3 | 11-16-3-1 | 5-4-0-1 | L1 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Vancouver | 67 | 42 | 16 | 4 | 5 | 216 | 155 | 93 | 23-7-1-4 | 19-9-3-1 | 6-4-0-0 | W2 |
| d-Detroit | 66 | 39 | 19 | 5 | 3 | 219 | 193 | 86 | 17-10-3-2 | 22-9-2-1 | 5-3-1-1 | L3 |
| d-San Jose | 66 | 38 | 22 | 4 | 2 | 185 | 167 | 82 | 17-11-2-1 | 21-11-2-1 | 8-2-0-0 | L1 |
| Chicago | 66 | 37 | 23 | 2 | 4 | 218 | 183 | 80 | 21-14-0-0 | 16-9-3-3 | 9-1-0-0 | W8 |
| Calgary | 68 | 35 | 24 | 3 | 6 | 207 | 193 | 79 | 21-10-1-3 | 14-14-2-3 | 7-2-0-1 | W2 |
| Phoenix | 67 | 34 | 23 | 6 | 4 | 191 | 194 | 78 | 16-11-3-2 | 18-12-3-2 | 5-4-0-1 | W1 |
| Dallas | 65 | 35 | 23 | 3 | 4 | 180 | 183 | 77 | 18-9-2-3 | 17-14-1-1 | 4-5-1-0 | W1 |
| Los Angeles | 65 | 36 | 25 | 2 | 2 | 180 | 159 | 76 | 20-11-1-0 | 16-14-1-2 | 6-3-0-1 | L1 |
| Anaheim | 66 | 35 | 26 | 3 | 2 | 182 | 193 | 75 | 20-11-1-1 | 15-15-2-1 | 4-5-1-0 | L1 |
| Minnesota | 66 | 34 | 25 | 2 | 5 | 171 | 174 | 75 | 16-13-1-3 | 18-12-1-2 | 4-4-1-1 | L1 |
| Nashville | 66 | 33 | 24 | 5 | 4 | 167 | 156 | 75 | 15-7-4-3 | 18-17-1-1 | 3-5-1-1 | L1 |
| Columbus | 64 | 31 | 26 | 3 | 4 | 176 | 191 | 69 | 16-13-0-2 | 15-13-3-2 | 5-3-0-2 | L4 |
| St. Louis | 65 | 28 | 27 | 5 | 5 | 177 | 194 | 65 | 18-11-1-3 | 10-17-3-2 | 3-7-0-0 | L4 |
| Colorado | 65 | 26 | 31 | 7 | 1 | 185 | 224 | 60 | 14-16-4-0 | 12-15-3-1 | 1-7-1-1 | L5 |
| Edmonton | 66 | 23 | 35 | 1 | 7 | 169 | 215 | 54 | 12-19-1-3 | 11-16-1-3 | 7-3-0-0 | W3 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Yesterday's results**
Calgary 3 Nashville 2
Vancouver 3 Anaheim 0
Buffalo 3 Minnesota 2 (OT)
New Jersey 3 N.Y. Islanders 2 (SO)
N.Y. Rangers 7 Philadelphia 0
Washington 3 Florida 2 (OT)
**Saturday's results**
Chicago 5 Toronto 3
Edmonton 5 Colorado 1
Montreal 4 Tampa Bay 2
Vancouver 3 Los Angeles 1
Atlanta 4 Florida 3 (OT)
Buffalo 5 Philadelphia 3
Dallas 3 San Jose 2
N.Y. Islanders 5 St. Louis 2
Phoenix 5 Detroit 4 (SO)
Pittsburgh 3 Boston 2 (OT)
**Tonight's games**
Washington at Tampa Bay, 7 p.m.
Columbus at St. Louis, 9 p.m.
Dallas at Los Angeles, 10:30 p.m.
**Tomorrow's games**
Ottawa at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.
Edmonton at Philadelphia, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Boston at Montreal, 7:30 p.m.
Chicago at Florida, 7:30 p.m.
Colorado at Minnesota, 8 p.m.
Vancouver at Phoenix, 9 p.m.
Nashville at San Jose, 10:30 p.m.

## CANUCKS 3, DUCKS 0

**First Period**
1. Vancouver, Malhotra 10 (Hansen, Torres) 0:42
**Penalties** — Hansen Vcr (interference) 9:59, Salo Vcr (interference) 18:02.
**Second Period**
2. Vancouver, Malhotra 11 (Hansen) 0:17
**Penalties** — Perry Ana (charging) 7:40, Ballard Vcr (closing hand on puck) 16:48, Selanne Ana (slashing) 18:17, Ehrhoff Vcr (hooking) 18:41.
**Third Period**
3. Vancouver, D.Sedin 34 (Samuelsson, H.Sedin) 6:06 (pp)
**Penalties** — McMillan Ana (tripping) 5:38, Ballard Vcr (kneeing), Brookbank Ana (roughing) 17:29, Perry Ana (roughing) 18:40, Rome Vcr (elbowing, roughing; served by Torres), Beauchemin Ana (roughing) 19:02.
**Shots**

| | | | | |
|---|---|---|---|---|
| Vancouver | 5 | 6 | 5 | 16 |
| Anaheim | 7 | 10 | 9 | 26 |

**Goal** — Vancouver: C.Schneider (W,12-3-2); Anaheim: Ellis (L,16-8-7). **Power plays (goals-chances)** — Vancouver: 1-3; Anaheim: 0-4.
**Referees** — Dan O'Rourke, Brian Pochmara.
**Linesmen** — Mike Cvik, Thor Nelson.
**Attendance** — 16,356 (17,174).

## FLAMES 3, PREDATORS 2

**First Period**
1. Nashville, Erat 11 (Blum, Legwand) 2:47
2. Calgary, Giordano 6 (Jokinen) 7:15 (pp)
3. Nashville, Suter 3 (Erat, Legwand) 15:58
**Penalties** — Sarich Cal (high-sticking) 4:49, Blum Nash (tripping) 6:26, Glencross Cal (hooking) 16:36.
**Second Period**
4. Calgary, Iginla 30, 0:59 (penalty shot)
**Penalty** — Modin Cal (hooking) 8:32.
**Third Period**
5. Calgary, Glencross 22 (Jokinen, Bouwmeester) 10:23
**Penalty** — Smithson Nash (holding) 5:19.
**Shots**

| | | | | |
|---|---|---|---|---|
| Nashville | 9 | 4 | 10 | 23 |
| Calgary | 9 | 13 | 14 | 36 |

**Goal** — Nashville: Rinne (L,23-19-7); Calgary: Kiprusoff (W,31-20-5). **Power-plays (goals-chances)** — Nashville: 0-3; Calgary: 1-2.
**Referees** — Steve Kozari, Justin St-Pierre.
**Linesmen** — Michel Cormier, Brad Lazarowich.
**Attendance** — 19,289 (19,289).

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| D.Sedin, Vcr | 34 | 47 | 81 |
| Stamkos, TB | 41 | 37 | 78 |
| H.Sedin, Vcr | 15 | 61 | 76 |
| St. Louis, TB | 24 | 51 | 75 |
| Zetterberg, Det | 18 | 51 | 69 |
| Perry, Ana | 31 | 37 | 68 |
| Ovechkin, Wash | 25 | 43 | 68 |
| Crosby, Pgh | 32 | 34 | 66 |
| Iginla, Cal | 30 | 36 | 66 |
| Toews, Chi | 27 | 38 | 65 |
| B.Richards, Dal | 24 | 39 | 63 |
| Kopitar, LA | 20 | 43 | 63 |
| E.Staal, Car | 29 | 33 | 62 |
| Sharp, Chi | 33 | 28 | 61 |
| Eriksson, Dal | 23 | 38 | 61 |
| Selanne, Ana | 21 | 39 | 60 |
| Giroux, Pha | 21 | 38 | 59 |
| Kesler, Vcr | 33 | 25 | 58 |
| P.Kane, Chi | 21 | 36 | 57 |
| Havlat, Minn | 20 | 37 | 57 |

# SOCCER

## ENGLAND

### PREMIER LEAGUE
**Yesterday's results**
Liverpool 3 Manchester United 1
Wolverhampton Wanderers 3 Tottenham 3

## GERMANY

### BUNDESLIGA
**Yesterday's results**
Freiburg 1 Werder Bremen 3
Hamburger SV 2 Mainz 4

## ITALY

### SERIE A
**Yesterday's results**
Bologna 2 Cagliari 2
Chievo Verona 0 Parma 0
Fiorentina 3 Catania 0
Inter Milan 5 Genoa 2
Lazio 2 Palermo 0
Napoli 0 Brescia 0
Sampdoria 2 Cesena 3
Udinese 1 Bari 0

## SCOTLAND

### PREMIER LEAGUE
**Yesterday's result**
St. Mirren 0 Rangers 1

## SPAIN

### LA LIGA
**Yesterday's results**
Athletic Bilbao 2 Sevilla 0
Hercules 1 Almeria 2
Levante 1 Espanyol 0
Malaga 0 Osasuna 1
Racing Santander 1 Real Madrid 3
Sporting Gijon 2 Getafe 0

# TENNIS

## WTA MALAYSIAN OPEN
**At Kuala Lumpur, Malaysia**
**SUNDAY**
**Singles — Championship**
Jelena Dokic, Australia, def. Lucie Safarova (5), Czech Republic, 2-6, 7-6 (9), 6-4.
**SATURDAY**
**Singles — Semifinals**
Lucie Safarova (5), Czech Republic, def. Jarmila Groth (4), Australia, 6-2, 3-6, 6-3.
Jelena Dokic, Australia, def. Michaella Krajicek, Netherlands, 6-2, 6-3.

## WTA MONTERREY OPEN
At Monterrey, Mexico
**SUNDAY**
**Singles — Championship**
Anastasia Pavlyuchenkova (2), Russia, def. Jelena Jankovic (1), Serbia, 2-6, 6-2, 6-3.
**SATURDAY**
**Singles — Semifinals**
Jelena Jankovic (1), Serbia, def. Polona Hercog (8), Slovenia, 6-3, 6-2.
Anastasia Pavlyuchenkova (2), Russia, def. Gisela Dulko, Argentina, 6-4, 6-1.

## DAVIS CUP
**CANADA VS. MEXICO**
**At Metepec, Mexico**
**Canada 4, Mexico 1**
**SUNDAY**
**Reverse Singles**
**Milos Raonic, Thornhill, Ont.**, def. Daniel Garza, Mexico, 7-5, 6-3, 6-2.
**Frank Dancevic, Niagara Falls, Ont.**, def. Manuel Sanchez, Mexico, 6-4, 6-1.
**SATURDAY**
**Doubles**
**Milos Raonic, Thornhill, Ont., and Vasek Pospisil, Vernon, B.C.**, def. Luis Diaz-Barriga and Miguel Angel Reyes-Varela, Mexico, 4-6, 6-3, 6-4, 6-4.
**FRIDAY**
**Singles**
Daniel Garza, Mexico, def. **Frank Dancevic, Niagara Falls, Ont.**, 2-6, 4-6, 6-2, 6-3, 6-4.
**Milos Raonic, Thornhill, Ont.**, def. Manuel Sanchez, Mexico, 6-2, 6-2, 6-1.

# NBA

## EASTERN CONFERENCE

| ATLANTIC DIVISION | W | L | Pct | GB |
|---|---|---|---|---|
| Boston | 46 | 15 | .754 | — |
| New York | 32 | 29 | .525 | 14 |
| Philadelphia | 32 | 30 | .516 | 14½ |
| New Jersey | 19 | 43 | .306 | 27½ |
| Toronto | 17 | 46 | .270 | 30 |
| **SOUTHEAST DIVISION** | | | | |
| Miami | 43 | 20 | .683 | — |
| Orlando | 40 | 23 | .635 | 3 |
| Atlanta | 37 | 26 | .587 | 6 |
| Charlotte | 26 | 36 | .419 | 16½ |
| Washington | 16 | 46 | .258 | 26½ |
| **CENTRAL DIVISION** | | | | |
| Chicago | 43 | 18 | .705 | — |
| Indiana | 27 | 35 | .435 | 16½ |
| Milwaukee | 23 | 38 | .377 | 20 |
| Detroit | 23 | 41 | .359 | 21½ |
| Cleveland | 12 | 50 | .194 | 31½ |

## WESTERN CONFERENCE

| SOUTHWEST DIVISION | W | L | Pct | GB |
|---|---|---|---|---|
| San Antonio | 51 | 12 | .810 | — |
| Dallas | 45 | 17 | .726 | 5½ |
| New Orleans | 37 | 28 | .569 | 15 |
| Memphis | 35 | 29 | .547 | 16½ |
| Houston | 32 | 32 | .500 | 19½ |
| **NORTHWEST DIVISION** | | | | |
| Oklahoma City | 39 | 22 | .639 | — |
| Denver | 37 | 27 | .578 | 3½ |
| Portland | 35 | 27 | .565 | 4½ |
| Utah | 33 | 30 | .524 | 7 |
| Minnesota | 15 | 49 | .234 | 25½ |
| **PACIFIC DIVISION** | | | | |
| L.A. Lakers | 45 | 19 | .703 | — |
| Phoenix | 32 | 29 | .525 | 11½ |
| Golden State | 27 | 35 | .435 | 17 |
| L.A. Clippers | 23 | 40 | .365 | 21½ |
| Sacramento | 15 | 45 | .250 | 28 |

**Yesterday's results**
Boston 89 Milwaukee 83
Chicago 87 Miami 86
Detroit 113 Washington 102
L.A. Lakers 99 San Antonio 83
Memphis 104 Dallas 103
New Orleans 96 Cleveland 81
New York 92 Atlanta 79
Oklahoma City 122 Phoenix 118 (OT)
Philadelphia 125 Golden State 117 (OT)
**Saturday's results**
Houston 112 Indiana 95
L.A. Clippers 100 Denver 94
Portland 93 Charlotte 69
Utah 109 Sacramento 102 (OT)
Washington 103 Minnesota 96
**At London**
New Jersey 137 Toronto 136 (3OT)
**Tonight's games**
L.A. Clippers at Charlotte, 7 p.m.
Portland at Orlando, 7 p.m.
Utah at New York, 7:30 p.m.
New Orleans at Chicago, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Dallas at Minnesota, 8 p.m.
Houston at Sacramento, 10 p.m.

# CRICKET

## WORLD CUP
**GROUP A**

| | MP | W | T | L | NR | Pt |
|---|---|---|---|---|---|---|
| Pakistan | 3 | 3 | 0 | 0 | 0 | 6 |
| Australia | 3 | 2 | 1 | 0 | 1 | 5 |
| Sri Lanka | 4 | 2 | 1 | 1 | 1 | 5 |
| New Zealand | 3 | 2 | 0 | 1 | 0 | 4 |
| Zimbabwe | 3 | 1 | 0 | 2 | 0 | 2 |
| **Canada** | **3** | **0** | **0** | **3** | **0** | **0** |
| Kenya | 3 | 0 | 0 | 3 | 0 | 0 |

**GROUP B**

| | MP | W | T | L | NR | Pt |
|---|---|---|---|---|---|---|
| India | 3 | 2 | 1 | 0 | 0 | 5 |
| England | 4 | 2 | 1 | 1 | 0 | 5 |
| South Africa | 3 | 2 | 0 | 1 | 0 | 4 |
| West Indies | 3 | 2 | 0 | 1 | 0 | 4 |
| Bangladesh | 3 | 1 | 0 | 2 | 0 | 2 |
| Ireland | 3 | 1 | 0 | 2 | 0 | 2 |
| Netherlands | 3 | 0 | 0 | 3 | 0 | 0 |

**Yesterday's results**
**At Bangalore, India**
India (210 for five) def. Ireland (207, all out) by five wickets.
**At Chennai, India**
England (171) def. South Africa (165) by six runs.
**Saturday's result**
**At Colombo, Sri Lanka**
Australia vs. Sri Lanka (ppd., rain; both teams earn a draw and one point)
**Today's Match**
**At New Delhi**
**Canada** vs. Kenya

# GOLF

## PGA HONDA CLASSIC
**At Palm Beach Gardens, Fla.**
**Par 70**
**Final Round**

| | |
|---|---|
| Rory Sabbatini, $1,026,000 | 71-64-66-70—271 |
| Y.E. Yang, $615,600 | 68-71-67-66—272 |
| Jerry Kelly, $387,600 | 71-67-68-67—273 |
| Ricky Barnes, $273,600 | 70-68-71-67—276 |
| Tommy Gainey, $228,000 | 71-67-71-68—277 |
| Graeme McDowell, $184,538 | 73-71-70-64—278 |
| Jeff Overton, $184,538 | 69-72-69-68—278 |
| Matt Bettencourt, $184,538 | 70-70-69-69—278 |
| Gary Woodland, $184,538 | 71-68-68-71—278 |
| Luke Donald, $136,800 | 73-68-72-66—279 |
| Hiroyuki Fujita, $136,800 | 72-71-69-67—279 |
| Stuart Appleby, $136,800 | 68-70-72-69—279 |
| Charles Howell III, $136,800 | 71-71-67-70—279 |
| Spencer Levin, $102,600 | 67-72-73-68—280 |
| Hunter Haas, $102,600 | 70-71-71-68—280 |
| Charl Schwartzel, $102,600 | 68-69-74-69—280 |
| Justin Hicks, $82,650 | 73-68-73-67—281 |
| Marc Leishman, $82,650 | 72-72-69-68—281 |
| Justin Leonard, $82,650 | 70-71-70-70—281 |
| Matt Kuchar, $82,650 | 69-70-72-70—281 |
| Robert Allenby, $63,840 | 71-73-71-67—282 |
| Richard Johnson, $63,840 | 72-71-72-67—282 |
| Roland Thatcher, $63,840 | 70-73-68-71—282 |
| Sean O'Hair, $47,310 | 70-70-73-70—283 |
| Nathan Green, $47,310 | 73-67-73-70—283 |
| Webb Simpson, $47,310 | 74-67-71-71—283 |
| Kent Jones, $47,310 | 72-71-69-71—283 |
| Kyle Stanley, $47,310 | 68-66-74-75—283 |
| Lee Westwood, $35,462 | 70-69-75-70—284 |
| Ben Curtis, $35,462 | 72-74-70-68—284 |
| Chad Campbell, $35,462 | 74-70-70-70—284 |
| Chris Kirk, $35,462 | 73-70-71-70—284 |
| Fredrik Jacobson, $35,462 | 74-68-71-71—284 |
| Colt Knost, $35,462 | 74-69-70-71—284 |
| Davis Love III, $35,462 | 73-70-69-72—284 |
| John Senden, $26,847 | 70-71-74-70—285 |
| Chris Couch, $26,847 | 70-70-75-70—285 |
| Alex Cejka, $26,847 | 71-74-71-69—285 |
| Carl Pettersson, $26,847 | 70-71-75-69—285 |
| Ian Poulter, $26,847 | 74-71-73-67—285 |
| J.J. Henry, $22,800 | 71-70-74-71—286 |
| William McGirt, $22,800 | 75-70-72-69—286 |
| Cameron Tringale, $17,357 | 71-70-74-72—287 |
| Kenny Perry, $17,357 | 71-72-73-71—287 |
| Greg Chalmers, $17,357 | 68-72-76-71—287 |
| Josh Broadaway, $17,357 | 78-68-68-73—287 |
| Jimmy Walker, $17,357 | 74-67-72-74—287 |
| Blake Adams, $17,357 | 73-73-72-69—287 |
| Henrik Stenson, $17,357 | 74-70-76-67—287 |
| D.A. Points, $17,357 | 74-72-76-65—287 |
| Jason Dufner, $13,595 | 75-67-72-74—288 |
| Edoardo Molinari, $13,595 | 73-73-72-70—288 |
| **Stephen Ames, $13,595** | **73-72-74-69—288** |
| Scott Gutschewski (19), $13,595 | 73-70-69-76—288 |
| Brian Gay, $12,996 | 74-70-72-73—289 |
| Paul Goydos, $12,996 | 73-72-72-72—289 |
| Nick Price, $12,996 | 70-74-73-72—289 |
| Shaun Micheel, $12,540 | 74-71-72-73—290 |
| Vaughn Taylor, $12,540 | 71-75-72-72—290 |
| Alex Prugh, $12,540 | 74-71-74-71—290 |
| Andres Romero, $12,540 | 72-74-75-69—290 |
| Marc Turnesa, $12,540 | 75-71-76-68—290 |
| Kevin Streelman, $12,027 | 73-71-74-73—291 |
| Chris Stroud, $12,027 | 73-69-77-72—291 |
| Brendan Steele, $12,027 | 74-71-76-70—291 |
| David Duval, $12,027 | 74-71-77-69—291 |
| Chad Collins, $11,685 | 74-72-72-74—292 |
| Jeff Maggert, $11,685 | 75-70-76-71—292 |
| David Mathis, $11,514 | 71-72-75-77—295 |
| Rory McIlroy, $11,286 | 73-71-77-75—296 |
| Jhonattan Vegas, $11,286 | 76-70-77-73—296 |
| Ernie Els, $11,286 | 75-71-78-72—296 |
| Trevor Immelman, $11,001 | 74-71-77-76—298 |
| Steve Flesch, $11,001 | 73-73-78-74—298 |
| Josh Teater, $10,830 | 75-70-79-75—299 |
| J.P. Hayes, $10,716 | 76-69-77-79—301 |
| Louis Oosthuizen | 75-70-75—WD |

## NATIONWIDE PACIFIC RUBIALES BOGOTA OPEN
**At Bogota, Colombia**
**Par 71**
**(final two rounds cancelled due to rain)**

| | |
|---|---|
| Brenden Pappas, $108,000 | 67-66—133 |
| Matt Every, $64,800 | 67-67—134 |
| Julian Etulain, $27,060 | 67-68—135 |
| Clayton Rask, $27,060 | 66-69—135 |
| Won Joon Lee, $27,060 | 69-66—135 |
| Scott Brown, $27,060 | 69-66—135 |
| David Vanegas, $27,060 | 66-69—135 |
| Bubba Dickerson, $17,400 | 70-66—136 |
| Tyrone Van Aswegen, $17,400 | 67-69—136 |
| Darron Stiles, $17,400 | 66-70—136 |

# CURLING

## TIM HORTONS BRIER
**At London, Ont.**
**Yesterday's results**
**Third Draw**
Alberta 8 New Brunswick 6
Manitoba 8 Nova Scotia 3
Northern Ontario 11 Northwest/Yukon Territories 8
Quebec 10 Prince Edward Island 3
**Fourth Draw**
Alberta 8 British Columbia 2
Newfoundland & Labrador 7 Northern Ontario 6 (extra end)
Ontario 7 Nova Scotia 4
Saskatchewan 8 Quebec 7 (extra end)
**Fifth Draw**
British Columbia 6 Newfoundland & Labrador 5
Manitoba 9 Prince Edward Island 4
Northwest/Yukon Territories 8 New Brunswick 7 (extra end)
Ontario 10 Saskatchewan 3
**Saturday's results**
**First Draw**
Manitoba 10 British Columbia 4
New Brunswick 5 Ontario 4
Newfoundland & Labrador 12 Prince Edward Island 1
Saskatchewan 6 Northwest/Yukon Territories 4
**Second Draw**
Alberta 6 Northern Ontario 2
Manitoba 9 New Brunswick 4
Northwest/Yukon Territories 8 Prince Edward Island 6
Quebec 10 Nova Scotia 4

## WORLD JUNIOR CURLING CHAMPIONSHIP
**At Perth, Scotland**
**MEN**
**Yesterday's results**
**Draw Three**
Switzerland 9 **Canada 7**
China 5 Scotland 4
Finland 8 Denmark 6 (extra end)
Norway 7 Czech Republic 3
Sweden 10 U.S. 1
**Saturday's results**
**Draw One**
Norway 9 **Canada 7** (extra end)
China 9 Denmark 2
Scotland 8 Finland 4
Switzerland 7 Sweden 6 (extra end)
**Draw Two**
Sweden 6 **Canada 5**
Denmark 8 Czech Republic 3
Finland 9 China 6
Norway 9 U.S. 3
Scotland 7 Switzerland 6
**WOMEN**
**Yesterday's results**
**Second Draw**
**Canada 10** Norway 4
Russia 9 Czech Republic 6
Scotland 12 France 0
Sweden 7 Japan 6
U.S. 10 Switzerland 8
**Third Draw**
Japan 7 **Canada 6**
Norway 11 France 2
Russia 5 U.S. 2
Scotland 10 Switzerland 4
Sweden 8 Czech Republic 7
**Saturday's results**
**First Draw**
Sweden 9 **Canada 2**
Japan 7 Czech Republic 5
Russia 7 Switzerland 3
Scotland 10 Norway 2
U.S. 12 France 2

# MLB

## SPRING TRAINING
**Yesterday's results**
Toronto 5 Pittsburgh 0
Atlanta 5 Washington 0
Chicago Cubs (ss) 5 L.A. Dodgers 3 (10 ings)
Cincinnati 10 Chicago Cubs (ss) 0
Colorado 3 Cleveland 1
Detroit 2 Philadelphia (ss) 1
Florida 7 St. Louis 2 (8 ings)
Kansas City 8 Chicago White Sox 3
L.A. Angels 7 Arizona 2
Minnesota 3 Baltimore 0
N.Y. Mets 6 Boston 5
N.Y. Yankees 10 Houston 8
Oakland (ss) 5 Milwaukee (ss) 4
Philadelphia (ss) 5 Tampa Bay 4
San Diego 7 Oakland (ss) 6
San Francisco 6 Seattle 1
Texas 8 Milwaukee (ss) 1

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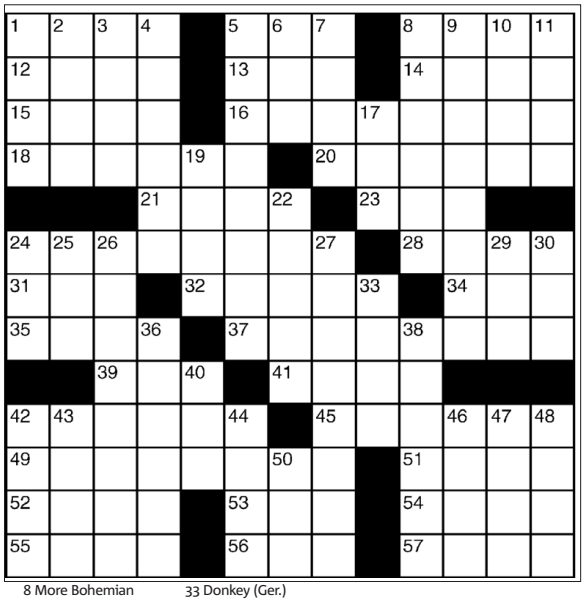
## Crossword



**Across**

1 "Dragnet" star Jack
5 Newcomer to society
8 Winged
12 Verbal
13 Raw mineral
14 Hindu princess
15 Aware of
16 Seizing (from)
18 Jason of football
20 Rural steps
21 — Hari
23 Verily
24 High standing
28 Not medium or well-done
31 Actor Harrison
32 "Get — on!"
34 "Ben-Hur" author Wallace
35 Grand story
37 Tending to excrete
39 "Quiet!"
41 Humdinger
42 Get
45 Holly plants
49 Inquiry
51 Alpha follower
52 Grecian vessels
53 Joke
54 Grandson of Adam
55 Initial stake
56 Timecard abbr.
57 Nebr. neighbor

**Down**

1 Courts
2 Sea eagle
3 Shower alternative
4 Becomes a flower
5 Period of inactivity
6 Goof up
7 Honey bunch?
8 More Bohemian
9 Muhammad's foot-step-following daughter
10 Bancroft or Boleyn
11 Fixes illegally
17 Pigpen
19 — -tat-tat
22 Galore, in disco-era jargon
24 Before (Pref.)
25 Agent, for short
26 Current
27 Twilight times
29 Gun the engine
30 Female sheep
33 Donkey (Ger.)
36 Gliding dance step
38 "Jeopardy!" emcee Alex
40 Smack
42 Blue shade
43 Rotate
44 At hand
46 TV's "Warrior Princess"
47 Harrow rival
48 Back talk
50 Rowing tool

▶ Yesterday's answer

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 6 | 9 | | | 4 | 1 | |
| 2 | | | | | | 3 | | 6 |
| | 3 | | | 6 | | | | 2 |
| | 8 | | | | 7 | 6 | | |
| | | | 1 | | 4 | | | |
| | | 2 | 5 | | | | 3 | |
| 3 | | | | 7 | | | 4 | |
| 5 | | 9 | | | | | | 3 |
| | 6 | 1 | | | 8 | 7 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 7 | 9 | 5 | 6 | 1 | 3 | 4 | 8 |
| 1 | 4 | 8 | 9 | 7 | 3 | 5 | 2 | 6 |
| 6 | 3 | 5 | 2 | 4 | 8 | 9 | 1 | 7 |
| 7 | 5 | 3 | 4 | 2 | 6 | 1 | 8 | 9 |
| 8 | 2 | 6 | 1 | 9 | 7 | 4 | 3 | 5 |
| 9 | 1 | 4 | 8 | 3 | 5 | 7 | 6 | 2 |
| 4 | 8 | 1 | 7 | 5 | 2 | 6 | 9 | 3 |
| 3 | 9 | 7 | 6 | 8 | 4 | 2 | 5 | 1 |
| 5 | 6 | 2 | 3 | 1 | 9 | 8 | 7 | 4 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*K,*
*You're my fraternal twin all the way, and one of the few people who takes me for who I am. Hope we get an answer from SGS soon, and that your HC smartens up and sends you one of these too. Sincerely,* **PCD**

*My lovely Nina, I am so lucky to find you in this crowded world. You are in a place so far far away, but I am sure we will be together again soon! Happy Birthday. Your darling,* **EUGENE**

*Beth B. I am sooo happy for you and your brand new baby girl! She is so beautiful and I can't wait for her to grow up into a beautiful women just like you. I can't tell you how thankful I am that you are in our lives. Smile big... Hopefully you will get some sleep soon! Yours always.* **TURKEY**

Today 7°/3° Sunny
Tuesday 6°/4° Rain 90%
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## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** You won't have much time for someone who is too lazy to get off their backside and make things happen – and you'll let them know.

**♉ Taurus April 21-May 21** It may be tempting to start something new today but you know you should be biding your time and conserving your energy.

**♊ Gemini May 22-June 21** Play by the rules today, because if you cut corners in any way you will be found out and the results won't be too pleasant. People in positions of authority are watching you closely, so watch what you say and do.

**♋ Cancer June 22-July 22** If you promised to do something for a friend but now find you don't want to, that's too bad. This is not something you can wriggle out of, not unless you are ready to see your reputation head south in a hurry!

**♌ Leo July 23-Aug.23** Far too many people seem to have a say in your life at the moment and you've got to make an effort to change that.

**♍ Virgo Aug. 24- Sept. 22** The more someone insists that you follow their example the more you must insist that you will go your own way, thank you very much. This is a battle of wills you cannot afford to lose, so be ruthless.

**♎ Libra Sept. 23-Oct. 23** If there is something that has been gnawing away at your conscience now is the time to admit your guilt.

**♏ Scorpio Oct. 24-Nov. 22** Someone you work with has made a mistake and is looking around for someone on whom they can pin the blame. Don't let it be you. Let them know that you will not be the fall guy, now or in the future.

**♐ Sagittarius Nov. 23-Dec. 21** It's not like you to be cautious but for some reason you're reluctant to make changes. According to the planets you are right to hold back because later in the week you'll be snowed under in unexpected events

**♑ Capricorn Dec. 22-Jan. 20** When Uranus changes signs towards the end of the week a new world of possibilities will open up for you. Are you ready to take advantage of them?

**♒ Aquarius Jan. 21-Feb. 18** Something you said or did a few weeks ago will come back to upset your plans today, but there's nothing much you can do about it.

**♓ Pisces Feb. 19-March 20** Try not to be too sensitive if someone makes a critical remark about you today. If they see you are hurt it will encourage them to be even more negative about you. Pretend you don't care. **SALLY BROMPTON**

## Caption contest

FRANCOIS MORI/ THE ASSOCIATED PRESS

WIN!

### You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ANDRE PENNER/THE ASSOCIATED PRESS

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32915 South Fraser Way
2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

**Aldergrove**
26310 Fraser Hwy.

**Burnaby**
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

**Chilliwack**
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

**Cloverdale**
17725 64th Ave.

**Coquitlam**
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

**Delta**
Scottsdale Mall
7235 120th St.
1517 56th St.

**Langley**
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

**Maple Ridge**
Haney Place Mall
22661 Lougheed Hwy.

**Mission**
32670 Lougheed Hwy.
32555 London Ave.

**New Westminster**
Royal City Centre

**North Vancouver**
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

**Pitt Meadows**
19800 Lougheed Hwy.

**Richmond**
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

**Surrey**
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

**West Vancouver**
Park Royal Shopping Centre North/South

**White Rock**
Semiahmoo Shopping Centre
3189 King George Hwy.

*Offer available while quantities last until May 24, 2011, to new TELUS Internet clients who sign up on a 2 year term and who activate TELUS Mobility services on a service term. TELUS reserves the right to modify eligible rate plans at any time without advance notice. The promotional discount for the service term plus the American Express®-branded TELUS Mobility reward card worth $200 may not cover the full purchase price on some premium phones. The card may only be used to purchase TELUS Mobility handsets and accessories from participating TELUS dealers within one year of issue. American Express® terms and conditions apply. A cancellation fee of $8 per month for the remainder of the 2 year term applies to early cancellation of the Internet service agreement. © 2011 TELUS.